Amendments to the Claims:

Please amend the claims as set forth below.

1. (Currently Amended) A lumbar support for a seat, comprising:

a frame;

a flexible support element-attached to-said frame;

a bowden cable having a sheath and a cable, at least one of said sheath or said cable being attached to said flexible support element such that movement of said cable relative to said sheath adjusts an arching of said flexible support element; and

at least one spring connecting said cable of said bowden cable to said flexible supporting element.

- 2. (Previously Amended) The lumbar support of claim 1, wherein said flexible support element further comprises a pair of ends and wherein at least one of said pair of ends moves toward the other of said pair of ends as said flexible support element is adjusted into said arch.
- 3. (Currently Amended) The lumbar support of claim 1, wherein said flexible support element is selected from the support group consisting of a panel and a grid, and wherein one end of said spring is attached to said cable and another end of said spring is attached to said flexible support element.
- 4. (Currently Amended) The lumbar support of claim 1, further comprising a plurality of guide rods connecting said flexible support element to the seatsaid frame, wherein said flexible support element is slidably connected further comprises a plurality of sliding elements connecting at least one of said flexible support element ends to said plurality of guide rods.

- 5. (Original) The lumbar support of claim 1, further comprising a means for adjusting said arching of said flexible support element, wherein said adjusting means is attached to said bowden cable and further comprises a means for counteracting an arching force required to arch said flexible support element.
- 6. (Original) The lumbar support of claim 5, wherein said counteracting means is a spring selected from the group consisting of a compressive spring and a tensile spring.
- 7. (Original) The lumbar support of claim 6, wherein one end of said spring is attached to said cable of said bowden cable and another end of said spring is attached to at least one of a fixture of said arching means and the seat.
- 8. (Original) The lumbar support of claim 5, further comprising a means for adjusting a level of said flexible support element, wherein said arching adjusting means and said level adjusting means are each selected from the group consisting of a manual adjustment and a motor-driven adjustment.
- 9. (Original) The lumbar support of claim 1, further comprising a restoring spring attached to said flexible support element.
- 10. (Currently Amended) The lumbar support of claim 1, further comprising a first transverse strut attached to said <u>flexible support elementframe</u>.
- 11. (Currently Amended) The lumbar support of claim 10, further comprising a second transverse strut attached to said <u>flexible support elementframe</u>.
- 12. (Currently Amended) A lumbar support for a seat, comprising:

a frame;

a flexible support element-attached to said frame;

adjustment force required for adjusting said flexible support element.

a means for adjusting said flexible support element, wherein said adjusting means provides an adjustment force required for movingadjusting said flexible support element; and a counteracting spring attached to said adjusting means wherein said spring reduces said adjustment force for moving said flexible support elementmeans for counteracting said

- 13. (Currently Amended) The lumbar support of claim 12, wherein said counteracting spring is counteracting means is a spring having a spring force and selected from the group consisting of a compressive spring and a tensile spring.
- 14. (Currently Amended) The lumbar support of claim 13, wherein one end of said <u>counteracting</u> spring is attached to said adjusting means and another end of said <u>counteracting</u> spring is <u>fixed in</u> <u>placeattached to at least one of a fixture of said adjusting means and said frame</u>.
- 15. (Original) The lumbar support of claim 14, wherein said adjusting means further comprises a means for arching said flexible support element, wherein said arching means is comprised of a bowden cable and at least one of a manual adjustment and a motor-driven adjustment, said bowden cable having a sheath and a cable, at least one of said sheath or said cable being attached to said flexible support element such that movement of said cable relative to said sheath adjusts an arching of said flexible support element.
- 16. (Original) The lumbar support of claim 15, wherein said adjusting means further comprises a means for adjusting a level of said flexible support element.

- 17. (Currently Amended) The lumbar support of claim 12, further comprising a pair of guide rods, wherein said flexible support element is connected to and slides on said pair of guide rods are attached between said flexible support element and said frame.
- 18. (Currently Amended) The lumbar support of claim 17, further comprising a transverse strut attaching said pair of guide rods to the seatsaid frame and a restoring spring attaching said flexible support element to said transverse strut.
- 19. (Previously Amended) A lumbar support for a seat frame, comprising;
 - at least one transverse strut;
 - a plurality of guide rods attached to said transverse strut;
 - a flexible support element attached to said plurality of guide rods;
- a bowden cable having a sheath and a cable, at least one of said sheath or said cable being attached to said flexible support element such that movement of said cable relative to said sheath adjusts an arching of said flexible support element; and
- at least one spring connecting said cable of said bowden cable to said flexible supporting element.
- 20. (Previously Amended) The lumbar support of claim 19, further comprising a restoring spring and a means for adjusting said arching of said flexible support element, wherein said restoring spring attaches said flexible support element to said transverse strut, and wherein said adjusting means is attached to said bowden cable and further comprises a means for reducing a force required to arch said flexible support element, wherein said reducing means is a counteracting spring.